

Everyday
HEALTHY

GUT HEALING DESSERTS



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Texas FHC
Functional Health Centers

Coconut Non-Dairy Ice Cream with Peaches

(Phase 1)

Ingredients:

- 2 cans (14 ounces each) of full-fat coconut cream, refrigerated overnight
- 1/2 cup monk fruit sweetener (or sweeten to taste)
- 2 cups frozen peaches (unsweetened)



Instructions:

1. Place the cans of coconut cream in the refrigerator overnight. This will allow the cream to separate from the liquid.
2. Once chilled, carefully open the cans of coconut cream and scoop out the thick cream portion into a mixing bowl. Discard the liquid or save it for other uses.
3. Using a handheld mixer or stand mixer, whip the coconut cream until smooth and creamy. This may take a few minutes.
4. Add the monk fruit sweetener to the whipped coconut cream. Start with 1/4 cup and adjust to your desired level of sweetness. Mix well to incorporate the sweetener into the cream.
5. Add the frozen peaches to a food processor or blender and pulse until they are broken down into small pieces. Alternatively, you can chop the peaches by hand if you prefer larger fruit chunks in your frozen dessert.
6. Gently fold the chopped peaches into the sweetened coconut cream mixture. Be careful not to overmix; you want to maintain some texture and small fruit chunks.
7. Transfer the mixture to a freezer-safe container, ensuring it is evenly spread out. Smooth the top with a spatula.
8. Cover the container with a lid or plastic wrap, and place it in the freezer for at least 4 hours, or until it is completely frozen.
9. Once frozen, remove the container from the freezer and let it sit at room temperature for a few minutes to soften slightly. This will make it easier to scoop.
10. Serve the coconut non-dairy frozen dessert in bowls or cones, and enjoy!

Note: If you have an ice cream maker, you can pour the mixture into the machine and follow the manufacturer's instructions for churning to achieve a smoother texture.

Watermelon Granita Dessert

(Phase 1)

Ingredients:

- 4 cups seedless watermelon, cubed
- Fresh mint leaves, for garnish (optional)



Instructions:

1. Place the watermelon cubes in a blender or food processor and blend until smooth.
2. Pour the watermelon puree into a large bowl.
3. Transfer the watermelon puree to a shallow, freezer-safe container.
4. Place the container in the freezer.
5. Every 30 minutes, use a fork to scrape and stir the partially frozen mixture. This will help create a granita texture with icy crystals. Repeat this process for about 3 to 4 hours, or until the mixture is completely frozen and has a granita-like consistency.
6. Once the granita is fully frozen, use a fork to scrape it into fluffy ice crystals. Spoon the granita into serving glasses or bowls.
7. Garnish the watermelon granita with fresh mint leaves, if desired, for a pop of color and added freshness.
8. Serve immediately and enjoy the refreshing watermelon granita dessert!

Note: This recipe is naturally sweet from the watermelon itself, so it doesn't require any additional sugar. The mint leaves are optional but add a nice flavor and aroma to the dessert.

Cococnut Whipped Cream

(Phase 1)

Ingredients:

- 1 can (14 ounces) full-fat coconut cream, refrigerated overnight
- 1 teaspoon vanilla extract (Phase 3)
- Monk fruit sweetener, to taste



Instructions:

1. Place the can of coconut cream in the refrigerator overnight. This will allow the cream to separate from the liquid.
2. Once chilled, carefully open the can of coconut cream and scoop out the thick cream portion into a mixing bowl. Discard the liquid or save it for other uses.
3. Using a handheld mixer or stand mixer, whip the coconut cream on medium-high speed for about 2-3 minutes until it starts to thicken.
4. If desired, add vanilla extract to the whipped coconut cream for flavor. This step is optional but can enhance the taste of the whipped cream.
5. Gradually add monk fruit sweetener to the whipped coconut cream, starting with a small amount. Taste as you go and continue adding sweetener until you reach your desired level of sweetness.
6. Continue whipping the coconut cream on medium-high speed until it reaches a light and fluffy consistency, similar to traditional whipped cream. This may take another 2-3 minutes.
7. Once the coconut cream has reached your desired consistency and sweetness, stop whipping. Be careful not to overwhip, as it may cause the cream to become grainy.
8. Use the sugar-free coconut cream whipped cream immediately as a topping for desserts, fruits, or any other sweet treats.

Enjoy the creamy and sugar-free coconut cream whipped cream sweetened with monk fruit, providing a delicious and dairy-free alternative to traditional whipped cream! Adjust the sweetness to your preference by adding more or less monk fruit sweetener.

Coconut Cream and Strawberry Popsicles (Phase 1)

Ingredients:

- 1 can (14 ounces) full-fat coconut cream
- 1 cup fresh strawberries, hulled and sliced
- 2-3 tablespoons monk fruit sweetener (adjust to taste)
- 1 teaspoon vanilla extract (Phase 3)



Instructions:

1. In a blender or food processor, combine the coconut cream, fresh strawberries, monk fruit sweetener, and vanilla extract (if using). Blend until smooth and well combined.
2. Taste the mixture and adjust the sweetness if needed by adding more monk fruit sweetener.
3. Pour the mixture into popsicle molds, leaving a little space at the top for expansion during freezing.
4. Insert popsicle sticks into each mold, ensuring they are securely in place.
5. Place the popsicle molds in the freezer and freeze for at least 4-6 hours, or until completely solid.
6. Once the popsicles are frozen, remove them from the molds by running the molds under warm water for a few seconds. Gently pull the popsicles out.
7. Serve the coconut cream and strawberry popsicles immediately, or transfer them to a freezer-safe container or bag for longer storage.

Enjoy the refreshing and creamy coconut cream and strawberry popsicles sweetened, providing a delicious and guilt-free frozen treat for those hot summer days! Adjust the sweetness to your preference by adding more or less monk fruit sweetener.

Apple, Apricot, Nutmeg, and Coconut Cream Parfait (Phase 1)

Ingredients:

- 2 apples, peeled, cored, and diced
- 4 apricots, pitted and diced
- 1/2 teaspoon ground nutmeg
- 2 cans (14 ounces each) full-fat coconut cream, refrigerated overnight
- 2-3 tablespoons monk fruit sweetener (adjust to taste)
- 1 teaspoon vanilla extract (Phase 3)



Instructions:

1. In a medium-sized saucepan, combine the diced apples, diced apricots, and ground nutmeg. Cook over medium heat for about 5-7 minutes, or until the fruits have softened slightly. Stir occasionally to prevent sticking. Remove from heat and let the mixture cool completely.
2. While the fruit mixture is cooling, prepare the coconut cream. Open the cans of coconut cream and scoop out the thick cream portion into a mixing bowl.
3. Using a handheld mixer or stand mixer, whip the coconut cream on medium-high speed until it becomes fluffy and smooth.
4. Add monk fruit sweetener to the whipped coconut cream. Start with a small amount and taste as you go.
5. Add vanilla extract to the whipped coconut cream and mix well to combine.
6. Layer the parfait: In serving glasses or bowls, start with a layer of the cooked fruit mixture at the bottom. Top it with a layer of the whipped coconut cream. Repeat the layers until the glasses are filled, finishing with a layer of coconut cream on top.
7. Place the parfaits in the refrigerator for at least 1 hour to chill and set.

Feel free to customize the flavors and textures by incorporating other toppings or ingredients that you enjoy.

Quinoa Bowl with Stewed Blackberries, Basil, Cinnamon, and Coconut Milk (Phase 1)

Ingredients:

- 1 cup quinoa
- 2 cups water
- 2 cups blackberries
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1 tablespoon fresh basil leaves, chopped
- 1/2 teaspoon ground cinnamon (Phase 3) use nutmeg otherwise
- 1/2 cup coconut milk (canned or from a carton)



Instructions:

1. Rinse the quinoa under cold water to remove any bitterness. Drain well.
2. In a saucepan, combine the rinsed quinoa and water. Bring to a boil over medium-high heat. Reduce the heat to low, cover, and let it simmer for about 15-20 minutes, or until the quinoa is cooked and the water is absorbed. Fluff with a fork and set aside.
3. In a separate saucepan, combine the blackberries, monk fruit sweetener, chopped basil leaves, and ground cinnamon. Stir well to combine.
4. Place the saucepan over medium heat and bring the mixture to a simmer. Cook for about 5-7 minutes, stirring occasionally, until the blackberries soften and release their juices.
5. Remove the saucepan from heat and let the stewed blackberries cool slightly.
6. To assemble the quinoa bowl, divide the cooked quinoa among serving bowls. Pour the coconut milk over the quinoa, creating a creamy base.
7. Top the quinoa and coconut milk with the stewed blackberries, including some of the juice.
8. Optional: Garnish with shredded coconut, sliced almonds, or fresh basil leaves for added texture and flavor.
9. Serve the quinoa bowl warm or chilled, as desired.

Enjoy the delicious and nutritious quinoa bowl with stewed blackberries!

Warm Quinoa Pudding with Coconut Milk (Phase 1)

Ingredients:

- 1 cup quinoa
- 2 cups coconut milk
- 3-4 tablespoons monk fruit sweetener (adjust to taste)
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon (Phase 3)
- 1 teaspoon vanilla extract (Phase 3)
- Pinch of salt

Optional toppings:

- Fresh berries, sliced almonds (Phase 2), or shredded coconut for garnish



Instructions:

1. Rinse the quinoa thoroughly under cold water to remove any bitterness. Drain well.
2. In a medium-sized saucepan, combine the rinsed quinoa, coconut milk, monk fruit sweetener, nutmeg, cinnamon, vanilla extract, and a pinch of salt. Stir well to combine.
3. Place the saucepan over medium heat and bring the mixture to a gentle boil. Reduce the heat to low, cover, and let it simmer for about 15-20 minutes, or until the quinoa is cooked and has absorbed most of the liquid. Stir occasionally to prevent sticking.
4. Once the quinoa is cooked and has a creamy consistency, remove the saucepan from heat. If the pudding appears too thick, you can add more coconut milk to achieve the desired consistency.
5. Taste the pudding and adjust the sweetness by adding more monk fruit sweetener if needed.
6. Allow the quinoa pudding to cool slightly before serving. You can serve it warm or refrigerate it for a few hours until chilled.
7. When ready to serve, portion the quinoa pudding into bowls or glasses. Top with your choice of fresh berries, sliced almonds, or shredded coconut for added texture and flavor.

Enjoy the quinoa pudding as a delicious and nutritious dessert or breakfast option!

Strawberry and Raspberry Quinoa Chia Pudding (Phase 3)

Ingredients:

- 1/2 cup quinoa
- 1 cup coconut milk (canned or from a carton)
- 1 tablespoon chia seeds (Phase3)
- 1 tablespoon monk fruit sweetener (adjust to taste)
- 1/2 teaspoon vanilla extract (Phase 3)
- 1/2 cup fresh strawberries, sliced
- 1/2 cup fresh raspberries
- Optional toppings: shredded coconut, chopped nuts, or additional fresh berries



Instructions:

1. Rinse the quinoa under cold water to remove any bitterness. Drain well.
2. In a saucepan, combine the rinsed quinoa and coconut milk. Bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and let it cool slightly.
3. In a mixing bowl, combine the cooked quinoa, chia seeds, monk fruit sweetener, and vanilla extract. Stir well to ensure the ingredients are well mixed and the sweetener is evenly distributed.
4. Gently fold in the sliced strawberries and raspberries.
5. Transfer the mixture into a jar or individual serving containers.
6. Cover the jar or containers and refrigerate for at least 4-6 hours or overnight, allowing the chia seeds to absorb the liquid and create a thick pudding-like consistency.
7. When ready to serve, give the pudding a good stir to incorporate any settled ingredients.
8. Top the strawberry and raspberry coconut milk quinoa chia pudding with shredded coconut, chopped nuts, or additional fresh berries, if desired.

Enjoy this delicious and healthy chia pudding as a satisfying breakfast or snack!

Grain-Free Almond Granola

(Phase 3)

Ingredients:

- 1 cup almonds, roughly chopped
- 1/2 cup unsweetened shredded coconut
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tablespoons chia seeds
- 2 tablespoons coconut oil, melted
- 2 tablespoons monk fruit sweetener or sweetener of your choice
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- Pinch of salt



Instructions:

1. Preheat your oven to 325°F (163°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the chopped almonds, shredded coconut, pumpkin seeds, sunflower seeds, chia seeds, coconut oil, monk fruit sweetener, vanilla extract, ground cinnamon, and a pinch of salt. Stir well until all the ingredients are evenly coated.
3. Spread the mixture in an even layer on the prepared baking sheet.
4. Bake for about 15-20 minutes, or until the granola turns golden brown and fragrant. Stir the mixture every 5-7 minutes to ensure even toasting and prevent burning.
5. Once baked, remove the baking sheet from the oven and let the granola cool completely. It will continue to crisp up as it cools.
6. Once cooled, transfer the grain-free almond granola to an airtight container for storage.

Enjoy the almond granola as a topping for yogurt, smoothie bowls, or enjoy it as a crunchy snack on its own!

This grain-free almond granola is a delicious and nutritious alternative to traditional granolas made with grains. The combination of almonds, coconut, seeds, and warming spices creates a flavorful and satisfying treat.

Coconut Yogurt Berry Bark (Phase 1)

Ingredients:

- 2 cups coconut yogurt
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1 cup mixed berries (such as strawberries, blueberries, and raspberries), sliced or chopped almonds (Phase 2)
- 2 tablespoons shredded coconut (optional, for garnish)



Instructions:

1. Line a baking sheet or tray with parchment paper.
2. In a bowl, mix the coconut yogurt and monk fruit sweetener until well combined. Taste the mixture and adjust the sweetness if desired.
3. Pour the coconut yogurt mixture onto the lined baking sheet and spread it out evenly with a spatula, creating a thin and even layer.
4. Sprinkle the mixed berries evenly over the coconut yogurt layer. Press them gently into the yogurt to ensure they stick.
5. Optional: Sprinkle shredded coconut over the top for added texture and flavor.
6. Place the baking sheet in the freezer and let the coconut yogurt bark freeze for at least 2-3 hours, or until it is completely firm.
7. Once frozen, remove the yogurt bark from the baking sheet and break it into pieces of desired size.
8. Serve the coconut yogurt berry bark immediately or store it in an airtight container in the freezer for later enjoyment.

This monk fruit sweetened coconut yogurt berry bark is a delicious and guilt-free treat. The combination of creamy coconut yogurt and fresh berries offers a delightful flavor.

Coconut Milk Panna Cotta

(Phase 1)

Ingredients:

- 1 (13.5 oz) can full-fat coconut milk
- 1/4 cup monk fruit sweetener (adjust according to your desired level of sweetness)
- 1 teaspoon vanilla extract (Phase 3)
- 2 teaspoons gelatin powder (or the equivalent of vegetarian gelatin substitute)
- Fresh berries or fruit, for serving (optional)



Instructions:

1. In a saucepan, combine the coconut milk, monk fruit sweetener, and vanilla extract. Whisk together over medium heat until the mixture is well combined and heated through. Do not let it boil.
2. Sprinkle the gelatin powder evenly over the coconut milk mixture while whisking continuously to prevent lumps. Allow the gelatin to bloom for about 5 minutes.
3. After the gelatin has bloomed, return the saucepan to the stove and heat the mixture over low heat, stirring constantly until the gelatin is completely dissolved. Be careful not to let it boil.
4. Remove the saucepan from heat and let the mixture cool for a few minutes.
5. Pour the coconut milk mixture into ramekins or small glass jars, filling them about 3/4 of the way full.
6. Let the panna cotta cool to room temperature, then cover each ramekin or jar with plastic wrap or a lid.
7. Transfer the ramekins or jars to the refrigerator and chill for at least 2-3 hours, or until the panna cotta is fully set.
8. Once set, you can serve the panna cotta directly in the ramekins or jars or invert them onto serving plates.

If desired, garnish with fresh berries or fruit before serving.

Enjoy your dairy-free Coconut Milk Panna Cotta sweetened with monk fruit!

Grain-Free Mixed Berry Crumble

(Phase 3)

Ingredients:

- 4 cups mixed berries (such as blueberries, strawberries, raspberries, blackberries)
- 1 tablespoon lemon juice
- 1/4 cup monk fruit sweetener (adjust according to your taste)
- 1 cup almond flour (Phase 3)
- 1/2 cup quinoa flakes
- 1/4 cup coconut oil, melted
- 1/4 teaspoon cinnamon (Phase 3)
- Pinch of salt



Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a mixing bowl, combine the mixed berries, lemon juice, and monk fruit sweetener. Toss gently to coat the berries evenly. Let the mixture sit for 10-15 minutes to allow the flavors to meld together.
3. In a separate bowl, combine the almond flour, quinoa flakes, melted coconut oil, cinnamon, and salt. Mix well until the ingredients are evenly distributed and form a crumbly texture.
4. Pour the berry mixture into a baking dish and spread it out evenly.
5. Sprinkle the almond flour and quinoa flake mixture over the berries, covering them completely.
6. Place the baking dish in the preheated oven and bake for 25-30 minutes or until the berries are bubbling and the crumble topping is golden brown.
7. Remove from the oven and let it cool for a few minutes before serving.
8. Serve the mixed berry crumble warm on its own or with a scoop of dairy-free ice cream or whipped coconut cream, if desired.

Enjoy your delicious dairy-free, grain-free mixed berry crumble with the natural sweetness of monk fruit and the added texture from quinoa flakes!